

JUNE 2009

**FREE**

# Family Pastime Magazine

familypastime.com

THE magazine for the **WHOLE** family Volume 4 Issue 11

# HAPPY FATHER'S DAY!



Take Two  
and give  
one to  
a friend

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## MESSAGE

Date. **Today** . . . . . Time. **NOW!** . . . . .

To. **Business Owners** . . . . .

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Operator. *Chris Joker* . . . . . **URGENT** ✓



2009



WEEKLY OBSERVANCES

- Sun Safety Week: 1-7
Headache Awareness Week: 7-13
Inter Clothesline Week: 6-15
Business Etiquette Week: 7-15
Automotive Service Professionals Week: 8-14
Superman Week: 11-14
Nursing Assistants Week: 11-18
Flag Week: 14-20
Men's Health Week: 15-21
Universal Father's Week: 15-21
Meet A Mate Week: 15-21
Carpenter Ant Awareness Week: 21-27
Mosquito Control Awareness Week: 21-27
Old-time Fiddler's Week: 22-27
Watermelon Seed Spitting Week: 25-28
Prevention of Eye Injuries Awareness: 28 -7/4
Fish Are Friends, Not Food! Week: 29-7/5
Freedom from Fear of Speaking Week: 29-7/4
Special Recreation Week: 29-7/4



MONTHLY OBSERVANCES

- Adopt A Shelter Cat Month
Cancer From The Sun Month
Child Vision Awareness Month
Children's Awareness Month
Dairy Alternative Month
Effective Communications Month
Entrepreneurs "Do It Yourself" Marketing Month
Fireworks Safety Month
Great Outdoors Month
Childhood Cancer Campaign Month
Inter Men's Month
Dairy Month
Lane Courtesy Month
Perennial Gardening Month
Turkey Lovers Month
Accordion Awareness Month
Aphasia Awareness Month
Bathroom Reading Month
Candy Month
Ice Tea Month
Rivers Month
Rose Month
Safety Month
Smile Month Link
Soul Food Month
Steakhouse Month
Potty Training Awareness Month
Professional Wellness Month
Rebuild Your Life Month
Sports America Kids Month
Student Safety Month
Vision Research Month

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.
SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.
Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once.
Look in next month's issue for the answers.



THE magazine for the WHOLE family

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Sudoku last month's Really Hard answer

Grid of numbers for the Sudoku puzzle solution.

SUDO-KID-U 02

answers from last month

Grid of numbers for the SUDO-KID-U puzzle solution.



## You Can Help Move A Mountain (Of Cash)

In an uncertain economy, it's natural for people to "tighten their belts" by cutting down on their spending. And yet by having too much cash on hand today, you could actually slow your progress toward your financial goals of tomorrow.

Before we get to the possible pitfalls of hoarding cash, let's consider your fellow Americans' recent savings habits:

- How much? In the last quarter of 2008, the personal savings rate was 2.9 percent, the highest level since the third quarter of 2001, according to the U.S. Department of Commerce.
- Where? People are putting their money in what they consider safe vehicles. At the end of 2008, the ratio of money market fund assets and bank savings deposits to stocks — as measured by the Wilshire 5000 Index, one of the broadest market indices designed to track the overall performance of the US stock market — was 95.4 percent, according to Ned Davis Research. (Keep in

mind that the Wilshire 5000 index is unmanaged and not available for direct investment.) This ratio is the highest it's been since money market accounts were created in the early 1980s.

Of course, given the stock market decline, it's not surprising that so much money is going into these accounts, because people are looking, above all else, to preserve their principal. Consequently, as a nation, we are now sitting on a "mountain" of cash.

However, the trip up this mountain does not come free. While it's true that these vehicles may help preserve your principal, they may not provide you with returns that can keep up with inflation, which means that the more of these instruments you own, and the longer you own them, the greater the likelihood that you will lose purchasing power.

Furthermore, if you're putting most of your assets into cash, you're incurring "opportunity cost" — the chance to invest that money into vehicles that have the potential to provide the growth you need to help achieve your long-term goals, such as an enjoyable retirement.

So here's the situation: On the one hand, you have a tough economy and a stock market that has probably already saddled you with losses. On the other hand, you need to consider investing in stocks or other growth-oriented investments to help you reach your long-term goals. What's the solution? Balance. There's probably a place in your portfolio for short-term instruments whose chief benefit is helping to preserve your principal. But you may need to balance these holdings with investments that can potentially reward you with growth. The exact mix of assets depends on your risk tolerance, time horizon and individual goals.

In these days, you may need a leap of faith to invest some of your cash. But history is on your side: Downturns have typically been followed by market rallies. Plus, we may eventually see cash seeking higher returns, and that should have a positive impact on the financial markets.

It may feel comforting to have a lot of cash on hand. But if you're planning for the years ahead, you should consider putting some of that cash to work. **FPT**

*Provided By: Lindsey Wortman Edward Jones Investment Representative*

## VA Home Loans

The VA Loans are an incredible benefit for those who have served our country. The VA allows the borrower financing at 100% of the purchase price of the home and allows the seller to pay all of the buyer's closing cost. When compared with conventional loans, a VA Home Loan can save borrowers several hundred dollars a month.

The most important benefit cited by Veterans who have used a VA Loan is that there are no down payment requirements. What's more, VA Home Loans generally offer low interest rates and have the added benefit of no mortgage insurance.

Many people think they have to get their VA loan through the Department of Veterans Affairs. However, the Department of Veterans Affairs does NOT lend money to borrowers; they simply guarantee the loans.

A Certificate of Eligibility is needed to qualify. Whether you are a first-time user or you have had a VA loan in the past, you must have a Certificate of Eligibility. A VA Loan specialist can help you in obtaining your Certificate of Eligibility.

The department of Veterans Affairs requires a funding fee, which varies from 0 to 3.3% of the loan amount, depending on your current Veteran status. Because of the funding fee, VA Loans do not require monthly mortgage insurance, keeping your monthly payment lower.

Veterans who qualify as 10% disabled or greater as a result of active Military service are not required to pay a funding fee.

To see if you qualify for a VA Home Loan, always contact a loan professional for more information. **FPT**

*Submitted by Wanda Hall, Primary Residential Mortgage, Inc.*

## Top Ten Things You'll Never Hear a Dad Say

10. Hey, let me hold your purse while you try that on.
9. No son of mine is going to live under this roof without an earring. Now quit complaining and let's go to the mall.
8. Here honey, you use the remote.
7. Well, how 'bout that? I'm lost! Looks like we'll have to stop and ask for directions.
6. Ooh, Antonio Banderas and Brad Pitt? That's one movie I gotta see!
5. Take my wallet and the key to my new car and GO CRAZY.
4. We never talk anymore.
3. While I'm up, can I get you anything?
2. Is there anything else on TV OTHER than sports? And the **Number 1** thing you'll never hear a Dad say: When I was growing up, we had it so easy!

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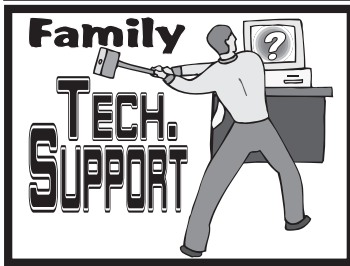
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# How To Buy a Video Camera

By: Chris Joker

**W**ith summer here you may be thinking about upgrading or purchasing your first



camcorder (camera + video recorder). There are so many makes and models on the market the task can be rather daunting. This column will attempt to arm you with knowledge to make the task a little less daunting and hopefully more enjoyable. First, DO NOT buy a used camcorder. Camcorders are full of moving parts which may wear out over time. To give you the longest active life of your camera you should start with new parts in a new camera.

## Which type of media should you choose for your new camera?

The media is the way the camera stores the video/images. In the past we had VHS and 8 mm. Today we have a plethora of options.

- **MiniDV** has been the standard bearer for quite a long time but it is quickly being replaced. MiniDV is a digital format however it uses a tape (MiniDV tape) to store the video to. The quality is good with this option however, you still have to purchase tapes and you either have to hook your camera up to your TV to view the video (MiniDV players--VCRs are available but quite expensive and limited in their scope of use) or transfer the video to a usable format such as DVD through your computer. To transfer you will need to connect the camera to a fast enough computer to handle the transfer through a USB or Firewire cable. The bonus of tapes is that they use virtually no compression when the video is recorded so you get a high quality copy and if you want to you can keep buying more tapes (rather than recording over the same tape) and store the original tapes until you have time to view or transfer them.
- Becoming more popular are **DVD camcorders** which use mini DVDs to store the video right on the DVD thus making it possible (if your set top DVD player is compatible) to take the DVD out of the camera stick it in your set top DVD player and view it right on your TV. These cameras do use compression so the video will not be as high quality

as the MiniDV tapes. However the convenience is nice. On some of these DVD cams the noise of the spinning DVD can be heard on the audio. You should also check to see if the DVD cam you are looking at has a USB or Firewire port that allows you to connect to your computer.

- **Hard drive** camcorders are also on the rise. These cameras record straight to an onboard hard drive. The benefit of this is you can connect your camera right to your computer to edit video or burn directly to a DVD. Check out the specs on the size of hard drive and how much video it will hold. Some have complained about hearing the noise of the spinning hard drive on these as well.
- **SD memory.** Some cameras now use SD memory which is nice because you can take the card out and slip it right into your computer's SD card slot to view and edit the video. SD cards are getting bigger and cheaper also. I have seen SD cards as big as 32 gigabytes and now there is a new thing called an SDXC (eXtended Capacity) which will store up to 2 terabytes of data. If you intend on using one of these, be sure your camera will accept these high capacity cards. These memory cards have no moving parts so will not add noise to the audio.
- **Flash Memory.** There are lots of cameras out there now which use internal flash memory which also has no moving parts so makes no noise. These cameras must be connected to a computer to transfer video.

**Battery Life.** Compare the life of the battery and see if an external battery or a/c adaptor is available.

**Controls.** Check to see which automatic and manual controls are available and how easy they are to access and use.

**Ports:** Check to see what ports are supported. For transfer to a computer you will need USB or Firewire. To view on a TV you will need RCA or S-video ports. You may also want to connect an external microphone so make sure that is an option.

**CCD** (Charge-Coupled-Device) or **CMOS** (Complimentary Metal-Oxide Semiconductor). These are chips inside your camcorder that determine the brightness of your video and the brilliance of the colors recorded.

**CCDs** are generally talked about in terms of size. The larger the CCD your camcorder has, the better. The larger the CCD is the more light it will be able to take in, and the brighter the picture will look. Most consumer camcorders will have a 1/6 to a 1/3-inch CCD. A small difference in the size of the CCD in your camcorder can make a HUGE difference in the quality of your video, so always try to purchase a camcorder with a large CCD or 3 CCDs if it is in your budget.

**CMOS** technology offers superior integration, power dissipation and system size at the expense of image quality (particularly in low light) and flexibility.

**LUX:** is just a reflection of how well camcorders perform in a low light environment. A camera with a 1-lux rating claims to be able to produce an image by the light of one candle that is about three feet away from the subject. Be aware though that when a manufacturer indicates it's camera has a 1-lux rating, it is giving a subjective opinion of what is an acceptable image you should test it and be the judge.

**Image Stabilization:** Most cameras have some sort of image stabilization. Many consumer camcorders use electronic image stabilization, which is software in the camera that attempts to correct for a shaky hand. If you can afford it, optical image stabilization is better because it is actual mechanical components in the camera making adjustments for shake to keep the lens stable. When choosing between two cameras at a store, turn on stabilization on both cameras, zoom in by an equivalent amount and hold them out at arm's length, generally, the one with the smoother looking video is likely to have better stabilization.

**Zoom:** Ignore Digital Zoom. It is not important. You should look for the highest optical zoom within your budget.

**T**RY the camera. While you may find better prices online you really should try to actually handle the camcorder you settle on. And as with any digital storage be sure to back up your data. **FPT**

*Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com*

Any father will tell ya that parents spend the first 2-3 years of a daughter's life trying to teach them to talk, and the next 15 or so trying to get them to BE QUIET!

## Family Crypto-Time



In the encrypted phrase below each letter represents another letter (such as Q is actually A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.

O YONLPQ TOQQSPI WSTNMQPI FLPQP LSI  
JUBPV MIPG NU KP.

Look on the Fun Family Events page for a clue. Look for the answer next month.

- Unknown



## Home Cure

A canker sore or mouth ulcer, is an open

sore in the mouth. It appears as a painful white or yellow lesion surrounded by a bright red area.

Canker sores are located inside the mouth around gums, inside of cheeks and lips and around the tongue area. It's unknown what causes them exactly but it's suspected that stress and diet can play a big factor. These aren't contagious like cold sores, but they can be quite painful. Sores can last 2 to 3 weeks.

- Drink non-sweetened chamomile tea all day and don't eat any solid food just drink tea
- Drink unpasteurized goats' milk
- Blanch saliva and use as a mouth rinse
- Eat 3 kiwis a day
- Apply Aloe Vera juice as a mouth rinse
- Drink carob juice concentrate
- Saturate coriander leaves in water, strain and use as a mouth wash
- Brush your teeth with baking soda,

## Canker Sores (Mouth Ulcer)

- or apply baking soda on the ulcer
- Put horseradish on the ulcer
- Mix cinnamon with water and gargle
- Smear carob honey on the ulcer
- Wash the mouth with salty water
- Smear raw tehinna (sesame paste) on the canker sores
- Drink tomato juice or eat tomatoes
- Apply raw onion on the ulcer
- Drink and gargle barley tea
- Rinse your mouth with plum juice for 2-3 minutes
- Do not use any toothpaste or mouthwash that contains "sodium laurel sulfate"
- Apply salt directly to the sore or rinse your mouth a couple times a day with a strong salt water solution
- Baking Soda: Sprinkle onto sore or make a paste of baking soda and water then apply. You can also rinse your mouth with a strong baking soda and water solution
- Apply a wet tea bag directly to sore and leave for a few minutes at a time. Use a fresh tea bag for each treatment (do not reuse). Can also help soothe the pain
- Dab gel from a fresh Aloe leaf or pure aloe onto sore several times a day
- Dab honey onto canker sore 2 to 3 times a day

- Listerine Mouthwash (original): Swoosh mouthwash around your mouth focusing on the sore area for as long as you can stand it (will likely be painful), do this a couple times a day until sore is gone
- Apply apple cider vinegar to the sore several times a day
- Mix a 50/50 solution of hydrogen peroxide and water, apply directly to sore
- Apply a topical dental gel such as Anbesol or Orajel to the sore, will usually relieve the pain temporarily
- Apply an ice cube or ice chips to sore as needed, will help numb the pain
- Soak coriander leaves in water. After about 5 minutes, strain use the water as a mouthwash
- First thing in the morning, gargle with a glass of lukewarm water and 1/4 tsp cinnamon powder
- Coat the ulcer with honey. Let it stay for sometime and then salivate
- Boil half a liter of water. Steep 2 TBS Marjoram in it, for about 10 minutes. Strain the water and gargle with it, about 3 to 4 times a day
- Add 5 to 6 drops of grapefruit seed extract to a glass of lukewarm water, use this as a mouthwash
- Apply tea tree oil to the sores, before going to bed, and leave overnight

"Home Cures" information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Family Pastime Magazine, Family Media Group LLC, the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161



## "Let The Cat Out Of The Bag"

### Meaning:

Disclose a secret, plot, or a subterfuge of some kind.

### Origin

The first known use of

## Say WHAT???

By: Family Pastime Staff

The phrase in print that I have found is in a 1760 edition of The London Magazine: "We could have wished that the author... had not let the cat out of the bag." There are several other literary references to the phrase in the 1760s and 1770s, most of which place it in quotations marks - Alluding to the fact that it was not commonly understood and consequently, newly coined.

There are several commonly held beliefs on the

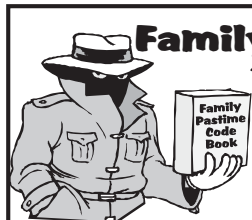
origins of this phrase. One claims the origin is from the fraud of substituting a cat for a piglet at markets. During the Middle Ages, markets or fairs were held to sell livestock, produce, and other goods from around a region. Most of the livestock was sold alive, usually in sacks so that the purchaser could bring it home relatively neatly. As a general rule, someone would inspect the pigs, chickens, and so forth for sale and pick one out, and then the farmer would bag the animal so that it could be carried.

Unscrupulous merchants might replace the livestock with a cat, since cats were readily available. The unknowing customer would carry the bag home, open it, and realize that he or she had been swindled. However, the plot relied on not letting the cat out of the bag too early. If the bag was opened in the marketplace, the customer could demand reparations from the merchant, since the secret would be out. This is also thought to be

One origin claims this has a nautical derivation, closely linked to 'no room to swing a cat'. Both terms referring to the cat of nine tails, rather than an actual feline. Apparently the 'cat' in question was kept in a muslin bag and you were obviously in serious trouble if the cat came out of the bag. Some suggest that this suggestion cannot possibly be true because if a sailor convicted of an offence he surely would have been unaware where the cat-of-nine-tails was kept therefore he would not have been surprised to see it being produced - so how could that have given rise to the meaning of giving away a secret?

Another explanation claims the saying actually refers to the secret way information was sent to each other back in medieval days. This theory claims message senders would shave a cat, then tattoo messages on the cat. They would put the cat in the bag until the hair grew back to cover the messages. If you let the cat out of the bag too early, you can see the secrets.

Still another explanation is based on how a cat in a bag would act if you let it out. This theory claims cats are not known to be patient animals who take kindly to confinement. Cats have claws and teeth, and their usual first reaction to any form of distress is to use them to good effect. I'm not sure how this applies to revealing a secret but it is a theory. **FPT**



## Family Crypto-Time-Last Month's Answer

"Cleaning up with children around  
UVFYOROL CN KRMJ UJRVIWFO YWXCOT  
is like shoveling during a blizzard"  
RQ VREF QJXP FVROL ICWROL Y DVRYYYWI

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ  
Cipher: YDUIFALJRHEVGOXNBWQMCPSKZY

- Unknown

the origin of "don't buy a pig in a poke" (bag).



THERE'S NO PLACE LIKE HOME SCHOOL

Locally Grown Summer of Fun

By: Lisa Baughn

Hooyay! We made it through another school year

and now summer is finally here! Our annual "Summer of Fun" column will show your family some wonderful things you can do in the Tri-Cities area this summer for practically free!

Each Friday night from May through September, enjoy free performances at "Music on the Square" in gorgeous Jonesborough.

Enjoy the local Tennessee State Parks for everything from biking to swimming, horseback riding to a picnic

Kicking off the summer are two events this year. Enjoy a Renaissance Faire in Rogersville, www.shakespeareandfriends.org/ or the popular music/art/ Blue Plum Festival in Johnson City

Have you made it up to the Roan Mountain Festival and hiked through the easy trail to see the amazing rhododendrons? Enjoy majestic views, Appalachian culture and old time crafts

An old fashioned July 4th celebration at Jonesborough Days, celebrating Tennessee's oldest city

family destination this summer!

Rogersville also has a July 4th Celebration at www.rogersvillejuly4th.com/

Kingsport's Fun Fest is coming up July 10-18 www.funfest.net and is full of FREE activities for families to enjoy! Get some extra energy out in the Tour de Possum Creek Bike Ride, a great ride to take with your Children.

Up the road in Abingdon, enjoy the Virginia Highlands Festival at Abingdon www.vahighlandsfestival.org/ July 25 - August 9. You can spend an hour looking at the website planning all the things you want to do, from visiting an organic garden, to a 10k, teen car contest, and puppet shows, parties and parades for Children!

through beautiful downtown Abingdon. This is a great time for the family, with much of it free!

For history lovers, visit the websites for special happenings at Sycamore Shoals at www.sycamoreshoals.org Tons of re-enactments, traditional arts workshops all summer and various things for Children to do. Visit the US Territorial Capital at Rocky Mount attend a Summer Apprentice Day Camp at www.rockymountmuseum.com

"Our Weakening Web" is the new exhibit at the Gray Fossil Museum www.grayfossilmuseum.com So many great activities, check into their Paleo-Pioneer Camp if you have budding scientists (watch the worldview!)

The Appalachian Fair is coming to Gray August 24-29 with more information at www.appalachianfair.com

For great ideas local ideas geared toward history, check out the schedule on our new website www.LivingHistorySites.com Civil War re-enactments, local museum days and more are listed, with links to each site. We include restaurant

SUPER SUDOKU Instructions: On page 3

9x9 grid with numbers and letters for a Super Sudoku puzzle.

reviews, living history site reviews and even videos! LivingHistorySites is growing like wildfire, so check back often.

With all this going on right under your nose, could there be a better place to have a summer of fun than right here at home. Be adventurous and try some new things in your own backyard this summer! Write and tell us how you enjoyed them. FPT

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling e-mail them to homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com) How-To Videos & a Free Newsletter full of tips! Save Money, Time and Sanity!

Family Pastime Magazine Last Month's Answer crossword puzzle grid with words filled in.





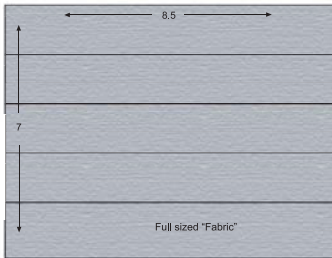
# Make The Perfect Father's Day Gift: A Duct Tape Wallet

### SUPPLIES:

- Scissors or Exacto knife
- Ruler
- A cutting board or something to cut on so you don't ruin work surface.
- Duct Tape (any color you wish- or use more than one color)
- Optional Clear Packing tape or clear stiff plastic.
- Decorations like stickers or different colored duct tape.

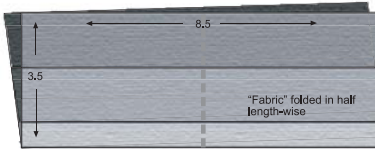
### HOW TO:

1. First you will need to make an 8.5 inch by 7 inch piece of duct tape "fabric". This fabric is made by putting duct tape together with the sticky sides touching. Cut a piece of duct tape 8.5 inches long.



Put it on your work surface sticky side up. Now cut another piece the same length (8.5 inches) put it on the first piece sticky sides together line it up

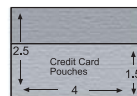
about 1/2 way up the piece you have laying sticky side up. Smooth out the wrinkles and bubbles then fold one side of the sticky part back over the other piece. You now have one side of the fabric which is not sticky and one side with a sticky flap side. Cut and attach another 8.5 piece to this piece sticky side to sticky side leaving about 1/2 the tape hanging down. Repeat this process until you have a piece of fabric about 7-8 inches long then fold the remaining sticky side back over the piece of fabric.



You now should have a nice 8.5 by 7 inch piece of duct tape fabric.

2. Trim your fabric so that it is 8.5 x 7  
3. Fold the fabric in half lengthwise so that it is 8.5 inches by 3.5 inches.

4. Cut 2 pieces of duct tape 3.5 inches long and tape them 1/2 on each side of the long ends to form a nice pocket for Dad to put his bills in to

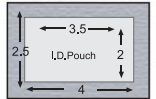


keep them safe before he spends them on you.

5. Fold the wallet in half so you can see how it will work and see where the center will be for the next step.

6. To add credit card holders make two pieces of duct tape fabric the first one 4" x 2.5" and the second one 4"x1.5"

7. Cut one 2 inch piece of tape and one 4 inch piece of tape. Layer the 2 pieces of fabric from the last step on top of each other. Line them up on the bottom edge on the inside fold or the wallet.



Tape them in place on the bottom and outside edges. Don't worry about the inside edge yet.

8. You can make another 2 credit card pockets for the other side OR use a clear piece of plastic or make a clear cover by using clear packing tape to make a piece of "fabric" to make a driver's license pouch. Cut the plastic about 3.5 inches by 2 inches. Along the top (where the opening will be, cut a strip 3.5 inches x 1 inch and fold it over the top to form the top of the frame. Now use tape as you did for the credit card pocket to attach it to the outside and bottom edge.

9. 9) to finish cut a piece of tape about 1.5 to 2 inches wide by 2.5 inches long and use it to attach the middle parts of the pockets to the center (where the fold is) of the wallet.

10. 10) decorate with colored duct tape or stickers. Dad will love it. **FPT**

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**Q:** What did one elevator say to the other?

**A:** I think I'm coming down with something!"

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## How To Get Rid Of Fleas

All dog owners are familiar with the problems

caused by pesky fleas. Fleas are very small wingless insects, brownish red in color, and have sharp mouths by which they obtain blood from dogs their canine hosts. Flea bites usually cause your dog to scratch at affected areas and some dogs are more sensitive than others and can have allergic reactions to flea bites. In general, fleas do not transmit diseases from dogs to humans, but the potential for this exists and they can and do bite humans as well as dogs and cats. Fleas and flea larvae live in warm climates and will live until the ground freezes in cooler climates. They can live on in your home well past this time also.

If you suspect that your dog has fleas, you should take him to your veterinarian. Your veterinary staff member will first use a flea comb on your dog. Flea combs are

wide tooth combs and "flea dirt" or dried blood flea excrement is what they are looking for. If this is found, your veterinarian will recommend treatment. Most veterinarians recommend preventive treatment for fleas as it is much easier to prevent them than to treat them.

For those of you that wish to treat your dog for fleas without commercial products, there are a few recommendations. One way is to comb your dog with a flea comb regularly. You can put some petroleum jelly on the comb to help fleas stick to the comb. Other people recommend using rubbing alcohol to slow down the fleas so they are easier to catch. Garlic and Brewers Yeast added as supplements to your dog's food are recommended by those who prefer the natural approach to treating fleas, however, the benefits of these treatments have yet to be proven.

There are several over the counter flea treatments available at your local pet store. However, many of these contain pyrethrins, which are natural insecticides derived from the chrysanthemum plant. In the past, this kind of treatment of fleas was the only one available to veterinarians. If you choose to use a product containing pyrethrins, you should be aware of the potential side effects. There is a potential threat of toxicity when using a product containing pyrethrins, not just to your dog, but to other animals in the house and humans as well. Make sure you follow the label usage directions and if you have any questions about using these products, consult your veterinarian.

Today, there are much safer products available. Most of these products are only available through your veterinarian. One of the most popular treatments for fleas is Frontline Plus by Merial. It

is typically applied to the skin of your dog on the back of the neck.

According to Merial, Frontline Plus kills 98-100% of adult fleas within 24 hour and will also kill eggs and larvae to prevent fleas from recurring. Frontline waterproof for up to 30 days and is safe to use on puppies as young as 8 weeks of age.



Plus is waterproof for up to 30 days and is safe to use on puppies as young as 8 weeks of age.

Another popular flea treatment is Sentinel by Novartis. Sentinel is a monthly pill that also prevents heartworms. Sentinel kills adult fleas, eggs, and larvae. Novartis also makes the flea control products Program and Capstar. Program is a flavored tablet that is given monthly, and while it does not kill adult fleas, it does interrupt the flea life cycle by preventing the development of flea eggs. Program is safe to use in dogs and puppies four weeks of age and older. Capstar is a pill that is given to kill adult fleas. It can be given as often as once per day. According to Novartis, Capstar will begin killing adult fleas within 30 minutes. One pill should kill all adult fleas. Capstar is safe for dogs and puppies four weeks of age and older.

Remember that it is much easier to prevent fleas than to treat them once your dog has them. As with all medications, follow the advice of your veterinarian. If you need more information about fleas and flea prevention, contact a member of your veterinary staff or pet professional. **FPT**

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**Q:** How many ears did Davy Crockett have?  
**A:** Three: a left ear, a right ear, and a wild frontier!  
**Q:** "Why did the hummingbird hum?"  
**A:** It forgot the words!"

**SUDO-KID-U 1**  
**Instructions:**  
 On page 3

	2	4	
			1
3			

*Dog Article courtesy of I-Love-Dogs.com*

## HELP WANTED

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# FATHER KNOWS BEST

By Chris Joker

I am on the board of the PTA at my son's school. Usually when you hear of someone being on the board somewhere it is a lofty, prestigious thing. A position where they were appointed or elected based on experience and skill. Being on the board or the elementary school PTA is EXACTLY like that without the loftiness or the prestige. One is not elected to this position nor is one appointed based on experience and skill unless, of course, having a child at the school is considered experience and skill but I'm pretty sure they would take you even if you did not have a child in the school. I acquired my position on the board when the president, Sherry, put a paper in front of me and said "sign this; it will improve your child's experience here at Cherokee." ALWAYS READ THE FINE PRINT!!!!!! I really shouldn't let this cat out of the bag because besides the skill of being able to bolt down 1969 Camaro bucket seats into a 1957 Chevy and owning the world's largest twist-tie ball my resume' is pretty sparse. Serving on the board of the Cherokee Elementary school PTA is pretty much the Piece de résistance of my resume' and if a future employer does not know how I came about this position it may mean the difference between me getting the job and the guy with "served as chairman of the boy's neighborhood sleep over committee" on his resume'. This is my first year serving on the PTA which I have discovered is kind of like being a member of the Mob or a gang. Once you are in there are only two ways you can leave, in a box or have your child graduate. I am thinking after my son graduates next year, I can slip through the cracks between elementary and middle school.

Because I suffer from "cantsaynoitis", I quickly learned to not answer the phone when Sherry (the President) called. I also discovered that apparently the job of president comes with access to a BUNCH of phones because she quickly wised

# Master Of The Grill

to my not answering and began calling me from different, unknown-to-me phone numbers. My latest mistakenly answered Sherry call came about a month ago. Sherry said "We need someone to man the grill for the fifth grade picnic." In my mind I was thinking, "Say no", "Tell her your busy" "Tell her you have to visit a friend in the hospital", "Tell her you have jury duty that day" what actually came out of my mouth was, "Sure, Sherry. I would love to help." -----stupid "cantsaynoitis"!!!! The good thing is the PTA bought this awesome 8-burner 116,000 BTU, 7 square foot, grill. I mean if the Taj Mahal were a grill, this would be it. The bad thing is and I know the stereo-type is that men are masters of the grill so me, being a man, should be like Bobby Flay on the grill. Not so much. My dirty little man secret is, I do not know how to grill. I'm too impatient. I feel like unless I'm seeing flames, it ain't cooking and I have discovered that really when I'm seeing flames, it ain't cooking...it's burning. Sherry assures me it will be easy and she will try to recruit some more helpers.

The morning of the picnic Sherry calls to remind me of my obligation....at 5:30. She also tells me she is bringing an extra fuel



tank and will leave it in car line. Since I have to get up in about 2 hours anyway, I go ahead and shower. I get to the school about 8:15. The first thing I discover is, I am the grill man. Me. Alone. No helpers. Great. There are other helpers but apparently being the only man and therefore genetically "master of all that is Weber", I am designated to grill duty. Dara is sort of the person in charge except that her

daughter is in the fifth grade so she will "get us started" but then has to return for the fifth grade ceremony pretty much leaving the inmates in charge of the asylum. Lori, Susan and Jennifer are pretty much in charge of everything non-grill related. The second thing I discover is that I may have exaggerated

slightly with my Bobby Flay comparison. I mean when Bobby Flay shows up the grill is set up and all his meat and spices are waiting the only thing he needs to lift is the spatula. When I arrive I discover that when you are the fifth grade picnic grill man you not only have to grill, you have to

Please see FKJ on page 13

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# Recycling Electronic Equipment

By: Michael Bloch

Go to any garbage dump and you're likely to see computer monitors, printers, stereos, TVs etc. popping up everywhere.

Not only do these products take up landfill space, electronic circuit board components and casings contain all sorts of environmentally hazardous materials. Increasingly and sadly, items being dumped aren't actually broken beyond repair, but the owners have fallen victim to perceived obsolescence or planned obsolescence.

Before purchasing electronic gizmos and gadgets, consider the following environmental hazards that go into their production and ask yourself - do you really need it?

- Fumes from ammonia and acids
- CFCs, or chloroflouro carbons
- Acid and alkaline solutions
- Copper baths
- Catalysts
- Etchants
- Aqueous metals
- Plating baths
- Metals, including nickel, silver, copper, lead

That's not to mention the electricity consumed in their

production, the way that electricity is generated, nor the oil used to make the plastics and transport the goods. Remember the 3R's of green living - Reduce, Reuse, Recycle

The electronics industry also uses Tetrabromobisphenol-A (TBBPA). It's a compound to help make circuit boards fire resistant. A harmful by-product of TBBPA is Methyl bromide - a pesticide, acute toxin and ozone depleting substance. Thankfully, some manufacturers are now beginning to use other substances; so it's worthwhile checking the products you intend buying.

### Dealing with electronic waste

While it's difficult and often impractical to avoid having electronic equipment, once it has outlived its purpose, one strategy is to contact your local council for options for responsible disposal. Many councils can point you to a recycling program that will benefit others in your local community.

If the equipment is still serviceable, rather than dumping it, also consider recycling the items through international communities such as FreeMesa ([www.freemesa.org](http://www.freemesa.org)) or FreeCycle ([www.freecycle.org](http://www.freecycle.org)). These are free services where members post offers for items they wish to give away or receive. Perhaps even ask

your kids and neighbors if they know of anyone who may be interested in taking the equipment; or at your local school.

The EPA offers some resources for recycling electronic waste on their website [www.epa.gov/wastes/conserve/materials/eycling/donate.htm](http://www.epa.gov/wastes/conserve/materials/eycling/donate.htm)



Another service worth checking out is Recycle It America. Currently the service takes media players, laptops, cell phones, desktop computer systems and flat panel

monitors - although they will take CRT monitors as part of a full system. You enter your details and then you'll receive a pre-paid shipping label - so there's no cost to you in getting the equipment to them; in fact, in some cases you'll even receive a small payment. The next products the service will be adding is for recycling are cameras, GPS systems and game systems. One of the interesting commitments of Recycle It America is their promise to (properly) clear any personal information from the devices you send them.

Yet another option is to inquire with the manufacturer if they have a recycling program - a word of warning though; some companies' recycling programs simply mean that they dump the items in developing countries in massive landfills where impoverished people are then paid a pittance to strip out useful components - without adequate training or protection. **FPT** *Courtesy of Green Living Tips.com*

# A Father's Day Celebration Held Together With DUCT TAPE!

By: Chris Joker

While researching "All Things Dad" for this Father's day issue, I came across a perfect way to celebrate Father's Day, the Avon, Ohio Duct Tape Festival". This is the sixth year of the three-day festival which features all things duct tape and welcomes duct tape fanatics of all ages to enjoy the celebrating every Dad's fall back fix it tool--duct tape. Why is it hosted in Avon, Ohio? Why not in say Tape Town? Well two reasons, really. ONE is Tape Town is in Liberia, and while I do not doubt that the weather is lovely this time of year on the west coast of Africa, it is a little far for us Americans

to go to celebrate our Dads. And TWO, Because Avon is the home of Duck Tape® brand duct tape it has declared itself - "Duct Tape Capital"



Duct Tape Firetruck 2008 Parade

of the world. The festival starts Friday, June 19 and runs through Father's day, Sunday June 21st. The theme of this year's event is Mardi Gras. Events include:

- A unique display of Mardi Gras-themed sculptures created with duct tape
- Sticky duct tape arts and crafts for children and adults alike
- An interactive duct tape quest throughout the festival grounds
- Free rolls of duct tape to the first 500 people each day of the festival
- And, of course, traditional festival favorites, including rides, food, games, live entertainment, booths from



Duct Tape Pirate Ship 2008 Parade



Duct Tape Front End Loader 2008 Parade

local vendors and organizations and more!

In tune with the Mardi Gras theme, a duct tape parade will be held on Saturday, June 20 - complete with beads and floats made with duct tape. So if you are searching for a fun

family event to show Dad how much you appreciate him the sixth annual duct tape festival might just be the one. **FPT**

Last Month's Medium answer

4	5	6	7	8	3	1	9	2
2	1	7	9	4	5	3	6	8
8	3	9	2	1	6	7	5	4
5	2	3	6	7	9	8	4	1
9	8	4	5	3	1	6	2	7
6	7	1	8	2	4	9	3	5
1	6	2	4	9	7	5	8	3
7	4	5	3	6	8	2	1	9
3	9	8	1	5	2	4	7	6



# CREATURE FEATURE

By: Georgia Tetch



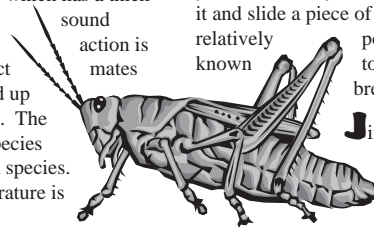
# CRICKETS

The Cricket family (Gryllidae) are

insects related to Katydid or Bush Crickets. Like all insects, Crickets have a three part body (head, thorax and abdomen) six jointed legs and two antennae. Like other insects crickets are cold blooded. There are about 900 species of Crickets. They are nocturnal and often are confused with grasshoppers because they have similar bodies including jumping hind legs. Crickets are black to brown with front wings and antennae lengths covering half to their entire abdomen.

The left forewing of the male has a thick rib with 50 to 300 ridges. The chirp, which only the male Crickets

can make, is generated by raising the left forewing to a 45-degree angle and rubbing it against the right forewing, which has a thick scraper. The processing action is known



container ready: your hand is the best tool to grab a Cricket. Gently cup you hand around the Cricket or use a plastic container and quickly replace the lid. If you find one in your home you can place a glass over it and slide a piece of paper underneath. They have relatively powerful jaws and have been known to bite humans mostly without breaking the skin.

Jimmy Cricket is the most famous cricket. He is the fictional animated "talking cricket" featured in the movie PINOCCHIO by

Walt Disney filmed in 1940. In the movie he turns his umbrella into a parachute, looks great in a top hat and spats, carries a mean tune and has nearly an inexhaustible supply of home-brewed common sense. In the movie he was chosen by the "Blue Fairy" to be PINOCCHIO'S official conscience.

FPT

called striation. This is done to attract the resulting chirping sound is picked up by the female's ears on her front legs. The chirp sounds are different for each species so that individuals can find their own species. Crickets chirp faster when the temperature is warmer.

Crickets are scavengers feeding on organic materials as fungi as well as decaying and seeding plants. They are popular as a live food source for carnivorous pets such as frogs, lizards, tortoises, salamanders and spiders. They are considered a delicacy in some African and Asian cultures.

Collecting Crickets in a field can be fun. Have your

OOPS. So timing the flipping of the burgers ... really not an option. I summon all my strength to channel my inner Bobby Flay. With the exception of a few "crispy critters" I manage to have a stack of burgers waiting when the students and their families start showing up, about 11:00. I have fought the urge to turn the flame up, however, the grease dripping on the burners has created quite a flame under my burgers. One of the fifth grade fathers asks if I would like some water. How thoughtful. "I'm fine", I reply. 3 other fathers do the same. I have just about had it when the fifth father offers me water and I sort of curtly reply "I AM NOT THIRSTY!" "Not for you, for the grill, you know to put the fire out", he says. "Oh, yeah...I knew that", I say sheepishly. I feel I have shamed Bobby Flay. While standing in line for food many of the parents thank me for doing such a good job. I explain that they might want to wait until AFTER they taste the food to thank me, we laugh and then strangely, no one thanks me AFTER they taste the food. Five hours and a herd of burgers and dogs later, we are done. As I am preparing to leave Dara comments that I reek of grease. I do. On the way home I dream of cleansing myself of the burger grease in a nice hot relaxing shower but when I get home I feel bad for my dog Charlie, who has been locked up all day while I cooked so I load him in the car for a trip to the dog park. For those of you who have not seen where I am going with this yet. Let me just say that going to the dog park after 5 hours of grilling meat and absorbing about a year's worth of grease... is really not a smart choice. As I am fighting off a pack of crazed dogs, my cell phone rings. It's PTA president Sherry, as I start to answer the phone a huge Black Lab. eats my phone. Maybe this dog park thing wasn't such a bad choice after all.

FPT

## FKJ continued from page 11

find the grill, set it up, light it and start grilling and you have to do all this by 8:30. I find the grill and drag it up around back where there is a pavilion because, of course, we are expecting rain. There are two 20-pound LP canisters that somehow attach to the grill frame so that you can wheel the grill around and be ready to barbecue at a moment's notice. After five minutes of unproductive finagling with the canisters, I decide that leaving the canisters on the ground will work fine because we won't have to move the grill anyway. You know, you would think that I would learn. 10 minutes after setting up the grill, we decide, and when I say we I mean Lori, Susan and Jennifer decide, "we" (and by this we I mean ME) need to turn the grill around and move it to the other end of the pavilion to facilitate better traffic flow. This is about the time that I decide ordering pizza would be a much better idea. As I am re-attaching the fuel I look up to see Dara walking down the side walk carrying the 20 pound fuel canister I forgot was sitting in car line. Dara who's daughter is graduating so is therefore dressed in a dainty chiffon dress and heels (I really have no idea what chiffon is or if her dress was made of it but it sounds dainty so I used it) THIS is what I'm talking about. THIS is how Bobby Flay would do it. He would sit back and have overdressed women bring him the needed grill supplies. I am woken from my daydream by someone shouting "You REALLY need to start cooking". I'm thinking yeah, right. I mean they aren't even going to get here until 11:30 however I notice we have 300 hamburgers and 300 hotdogs that need to be cooked so I light the grill and start loading on the burgers. The package says about 7 minutes per side for the hamburgers. I check my watch. About 14 minutes later, I check it again.

### Last month's HARD answer

1	3	7	4	8	5	6	9	2
5	8	9	2	3	6	7	1	4
6	4	2	1	9	7	5	8	3
4	5	8	6	7	2	9	3	1
7	2	3	5	1	9	8	4	6
9	1	6	3	4	8	2	7	5
8	6	4	9	5	3	1	2	7
3	7	5	8	2	1	4	6	9
2	9	1	7	6	4	3	5	8

## SUDOKU Medium

Instructions on page 3

		8				2		
9	2						1	7
		7	1	2	6	9		
6	7		8		4		5	2
				7				
2	3		9	5			4	8
		6	5	4	1	8		
5	1						6	9
		3				5		

## BBQ Sloppy Joes

### SUPPLIES:

- 1 lb extra lean ground beef
- 1 small onion, finely chopped
- 3/4 cup barbecue sauce (any flavor)
- 1/4 tsp salt, to taste
- 1/8 tsp black pepper
- 4 hamburger buns
- 1/2 cup red bell pepper (4 rings)
- 4 slices American or any flavor cheese

### HOW TO:

1. In a large nonstick skillet, brown the onions a few minutes, then add beef and continue to brown until the meat is fully cooked; drain fat.
2. Add salt to taste, pepper, and BBQ sauce, stirring to coat, let simmer on fairly low heat about 5-10 minutes.
3. Spoon hot meat mixture on top of bottom half of each bun, top with a slice of cheese and red bell pepper ring on each, then top with other half of bun.

## Old Fashioned Baked Beans

### SUPPLIES:

- 1 LBS dry great northern beans
- 2 quarts water, divided
- 1/2 tsp salt
- 1 medium onion chopped
- 2 TBS prepared mustard
- 2 TBS brown sugar
- 2 TBS brown sugar
- 2 TBS dark molasses
- 1/2 LBS sliced bacon, fried and crumbled

### HOW TO:

1. Place beans, and 1 quart water in a sauce pan
2. Bring to boil then boil for 2 minutes.
3. Remove from the heat; cover and let stand for 1 hour.
4. Drain and rinse; return beans to sauce pan. Add salt and remaining water; bring to boil. Reduce heat; cover and simmer for 1 to 1 1/4 hours or until beans are tender.
5. Drain, reserving 2 cups cooking liquid.
6. In a greased 13x9 inch. baking dish, combine beans, onion, mustard, brown sugar, molasses, bacon and 1 cup of reserved cooking liquid.
7. Cover and bake at 400 for 45 minutes or until the beans have reached desired thickness, stirring occasionally (add additional reserved cooking liquid if needed)

## Kid Friendly Recipes



## Barbecued Beef Short Ribs

### SUPPLIES:

- 1 TBS butter or margarine
- 1/3 C chopped onion
- 1 TBS plus 1 tsp all purpose flour
- 1 C apple cider or apple juice
- 3 TBS sweet pickle relish
- 1 TBS catsup
- 1/4 tsp salt
- 1/4 tsp dried basil
- 1/8 tsp ground cloves
- 4 lbs beef short ribs

### HOW TO:

1. Melt butter in a medium saucepan over low heat; add chopped onion, and sauté until onion is done.
2. Add flour, stirring well. Cook 1 minute, stirring constantly.
3. Gradually add apple cider or apple juice
4. Cook over medium heat. Stirring constantly, until mixture thickens.
5. Stir in remaining ingredients except ribs.
6. Remove sauce from heat, and set aside.
7. Cut ribs into serving size portions, and grill over low coals 1 hour and 15 minutes.
8. Baste ribs with sauce, and grill 20 more minutes or until desired degree of doneness.
9. Turn and baste frequently with sauce.
10. Serve the remaining sauce with ribs as each desires.

- When Dad came home he was astonished to see Alec sitting on a horse, writing something. "What on earth are you doing there?" he asked.

"Well, the teacher told us to write an essay on our favorite animal. That's why I'm here and that's why Susie's sitting in the goldfish bowl!"

- Little five year old Johnny was in the bath tub, and his Dad was washing his hair. He said to him, "Wow, your hair is growing so fast! You need a haircut again."

Little Johnny replied, "Maybe you should stop watering it so much."

## Buffalo Mt. Wings

### SUPPLIES:

- 24 Chicken wings (about 4 lbs.)
- Salt (optional)
- Dash Fresh ground pepper
- 4 C Peanut oil
- 4 TBS Butter
- 4 TBS Louisiana Hot Sauce
- 1 TBS White vinegar
- 2 1/2 C Blue cheese dressing

### Celery sticks

### HOW TO:

1. Cut off and discard the small tip of each wing.
2. Cut the main wing bone and second wing bone at the joint.
3. If desired sprinkle the wings with salt and pepper to taste.
4. Heat oil in a deep-fat fryer or large casserole. When hot, add half of the wings and cook About 10 minutes, stirring occasionally
5. When the wings are golden brown and crispy, remove and drain well.
6. Add the remaining wings and cook about 10 minutes or until golden brown and crispy.
7. Drain well.
8. Melt butter in a saucepan, add 2 to 5 TBS. hot sauce and vinegar.
9. Put wings on a warm serving platter and pour the butter mixture over them.
10. Serve with blue cheese dressing and celery sticks.

## Grilled Halibut with Fresh Tomato Sauce

### SUPPLIES:

- 2 1/2 Diced large ripe tomatoes
- 1/4 C Chopped fresh basil
- 3 TBS olive oil
- 1 TBS balsamic vinegar
- Four 8-OZ halibut steaks
- 3 1/2 TBS vegetable oil
- 4 TBS lemon juice
- 1 tsp minced garlic
- Salt and freshly cracked black pepper

### HOW TO:

1. Put diced tomato into a mixing bowl.
2. Add basil, olive oil and vinegar, mix well, and set aside.
3. Rub fish with vegetable oil and season with salt and pepper to taste.
4. Grill fish over a medium-hot fire for 5 to 6 minutes per side, until flesh is opaque through the center.
5. Add lemon juice and garlic to the tomato mixture, and mix well. Spoon sauce on a plate and place a fillet on top of the sauce.



2009

Family Pastime Magazine

www.familypastime.com

15



# Fun Family Events



**NOTE:** Every effort is made to assure the accuracy of events and dates. Please double check with the sponsor before attending an event. Submit information on upcoming events by the 15th of the month prior to: [events@familypastime.com](mailto:events@familypastime.com) or **Family Pastime** EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

- 1.** Go Barefoot Day
- 2.** Leave the Office Early Day, Bubba Day  
**JCPL** TEENS Summer Reading Kick-off\* 6 pm
- 3.** Chimborazo Day, Tailors Day  
**Elizabethton** 43rd Covered Bridge Celebration  
6/3-6/7 Daily arts & craft vendors, nightly concerts, Kids Island, fun and games and food
- 4.** **Elizabethton** 43rd Covered Bridge Celebration  
**Winged Deer Park** FREE Lakeside Cinemas Family movie Dusk-11pm 423-283-5827
- 5.** World Environment Day, Donut Day  
**Elizabethton** 43rd Covered Bridge Celebration  
**Rogersville** Renaissance Faire ([www.shakespeareandfriends.org](http://www.shakespeareandfriends.org))  
**Johnson City** Blue Plum ([www.blueplum.org](http://www.blueplum.org))  
**Greeneville** Lowes June Dairy Day contests, entertainment FREE dairy products. Pay homage to local dairy farmers 6-8 423-638-4111
- 6.** D-Day, Do-Dah Day, Trails Day  
**Rogersville** Renaissance Faire ([www.shakespeareandfriends.org](http://www.shakespeareandfriends.org))  
**Johnson City** Blue Plum ([www.blueplum.org](http://www.blueplum.org))  
**Elizabethton** 43rd Covered Bridge Celebration  
6/3-6/7 Daily arts & craft vendors, nightly concerts, Kids Island, fun and games and food  
**Mosheim** School Annual Fun Days all day festival with special entertainment. Sunday annual parade down Main Street 423-422-4051
- Sycamore Shoals** Annual Native American Festival 10 am- 6 pm (423) 543-5808
- 7.** Children's Awareness Memorial Day, (Daniel) Boone Day, VCR Day, Write To Your Father Day  
**Elizabethton** 43rd Covered Bridge Celebration  
6/3-6/7 arts & craft vendors, concerts, Kids Island, fun and games and food  
**Mosheim** School Fun Days 423-422-4051  
**Sycamore Shoals** Annual Native American Festival 10 am- 6 pm (423) 543-5808
- 8.** Upsy Daisy Day  
**JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Family Storytimes 6:30 pm
- 9.** **JCPL** Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am, Creation Station\* Creative Dance (grade 1st-5th) 4 pm

- 10.** Ball Point Pen Day  
**JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
- 11.** Nursing Assistants Day  
**JCPL** Hobey Ford Rainbow Puppet Show 10 am & 3:30 pm, "Let's TALK about BOOKS" 6:30 pm  
**Winged Deer Park** FREE Lakeside Cinemas Family movie Dusk-11pm 423-283-5827
- 12.** Loving Day
- 13.** **Uncle Pete's Birthday**,  
**Hands On!** Storytelling with Linda Hammons 11:30, 12:30, & 1:30  
**Abingdon** Annual Garden Tour 800-435-3440  
**Winged Deer Park** 1st Rockn' Rodz N Reelz Car Show & Music Festival 423-276-5971
- 14.** Flag Day, Family History Day  
**Davy Crockett Birthplace State Park** Trees for Dad 11 am. Plant trees in the park in honor of our Fathers (423) 257-2167
- 15.** Husband Caregiver Day  
**JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, **JCPL** Family Storytimes 6:30 pm
- 16.** Bloomsday, Fudge Day  
**JCPL** Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am, TEENS Candy Making\* 6 pm
- 17.** Stewarts Root Beer Day  
**JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
- 18.** Recess At Work Day  
**JCPL** Allan Wolf Lively Creative Expression 10 am & 3:30 pm  
**Winged Deer Park** FREE Lakeside Cinemas Family movie Dusk-11pm 423-283-5827
- 19.** Juneteenth, Sauntering Day, Work@Home
- 20.** Go Skateboarding Day, World Juggling  
**JCPL** Chess with Ralph Roller (K-5th) 10-12  
**Kingsport**, Renaissance Center Theater gardening seminar, 10-1 \$10- \$8 423-392-8814
- Roan Mountain** Festival ([roanmountain.com/festival.htm](http://roanmountain.com/festival.htm))
- 21. FATHER'S DAY**  
**Roan Mountain** Festival ([roanmountain.com/festival.htm](http://roanmountain.com/festival.htm))

- Hands On!** All fathers get FREE pass to return.
- 22.** Stupid Guy Thing Day  
**JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, **JCPL** Family Storytimes 6:30 pm
- 23.** Let It Go Day, Columnists Day  
**JCPL** Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am
- 24.** **JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
- 25.** Hand Shake Day, Bomb Pop Day  
**JCPL** Allan Wolf Lively Creative Expression 10 am & 3:30 pm, Creation Station\* Creative Art (1st-5th) 4 pm, SCRAPBOOKING\* 6:30 pm  
**Winged Deer Park** FREE Lakeside Cinemas Family movie Dusk-11pm 423-283-5827
- 26.** Ugly Dog Day, Take Dog To Work Day  
**Trade**, TN 21st Annual Trade Days Festival 228 Modock Rd, near the TN/NC State Line. <http://tradedaysfestivaltn.com> 423-727-3007 Adults: \$8 Child 6-12 \$5. 5 & under FREE
- 27.** Decide To Be Married Day, Great American Backyard Campout  
**Trade**, TN 21st Annual Trade Days Festival 228 Modock Rd, near the TN/NC State Line. <http://tradedaysfestivaltn.com> 423-727-3007
- 28.** America's Kids Day, Descendants Day, Log Cabin Day  
**Trade**, TN 21st Annual Trade Days Festival 228 Modock Rd, near the TN/NC State Line. <http://tradedaysfestivaltn.com> 423-727-3007
- 29.** Please Take My Children To Work Day  
**JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, **JCPL** Family Storytimes 6:30 pm
- 30.** Leap Second Time Adjustment Day  
**JCPL** Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am, TEENS Paint Night\* 6 pm  
Jonesborough Days Kick-Off Dinner Tent behind Washington County Courthouse. 6 pm. 423-753-1010

\*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND

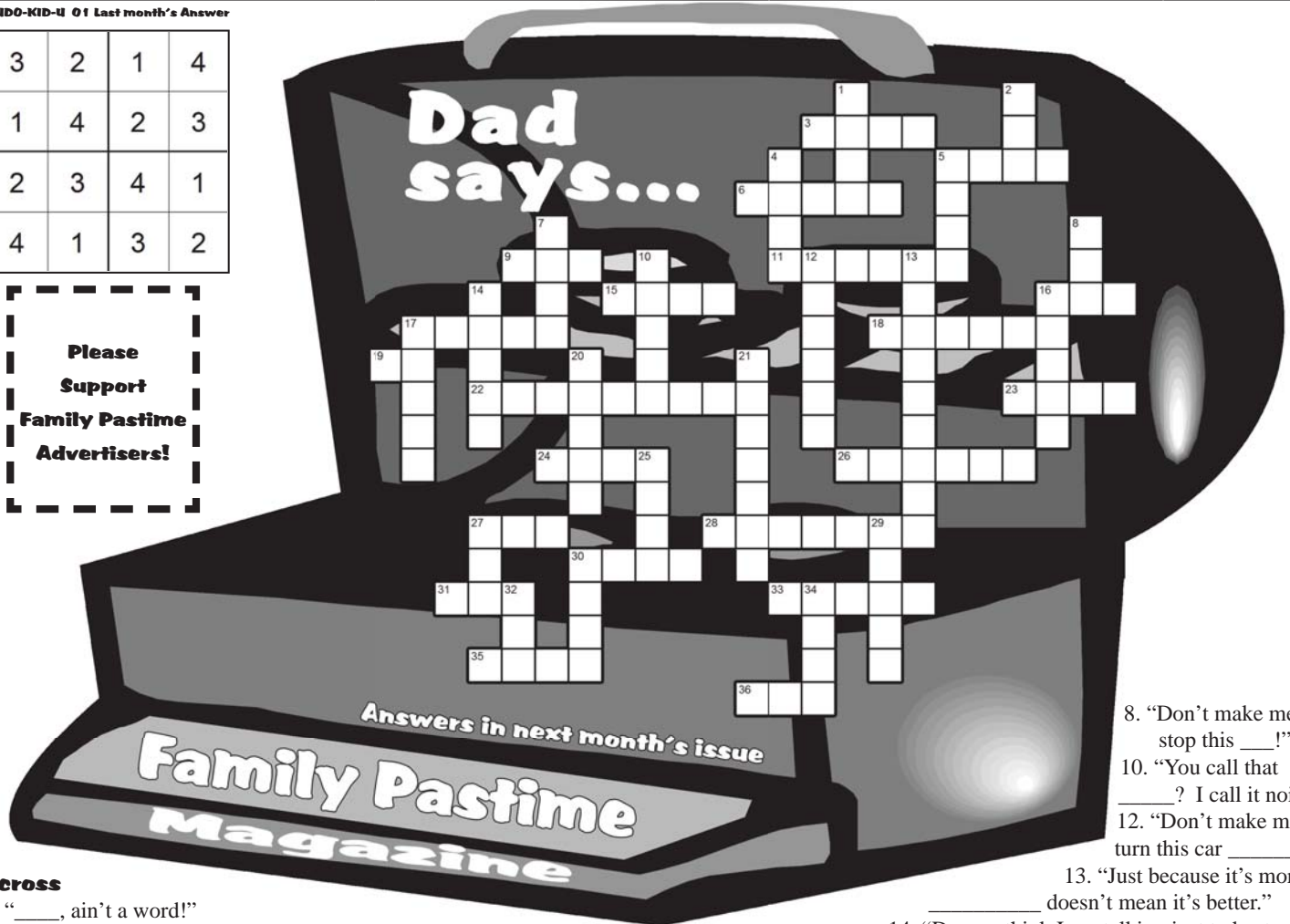
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SUDO-KID-U 01 Last month's Answer

3	2	1	4
1	4	2	3
2	3	4	1
4	1	3	2

Please  
Support  
Family Pastime  
Advertisers!



8. "Don't make me stop this \_\_\_!"  
10. "You call that \_\_\_? I call it noise!"  
12. "Don't make me turn this car \_\_\_"

13. "Just because it's more \_\_\_\_\_ doesn't mean it's better."

14. "Do you think I am talking just to heat my own \_\_\_?"  
16. "\_\_\_ your plate. There are kids starving in Africa."  
17. "Are you \_\_\_? I'll give you something to do."  
20. "Money doesn't grow on \_\_\_, you know."  
21. "You are not going out of the house \_\_\_\_\_ like THAT!"  
25. "\_\_\_ up your pants!"  
27. "No BB bun. You'll put your \_\_\_ out with that thing."  
29. "Don't get \_\_\_ with me."  
30. "You didn't \_\_\_ me, I let you win."  
32. "This is going to hurt me a lot more than it hurts \_\_\_."  
34. "I know it's unfair. Who said \_\_\_ was fair?"

**Across**

3. "\_\_\_, ain't a word!"  
5. "Turn the music \_\_\_."  
6. "Turn off that light. Do you think I'm made of \_\_\_"  
9. "Do what I \_\_\_. Not what I do."  
11. "I don't care what other people are doing! I'm not everybody else's \_\_\_!"  
15. "Move back from the TV. You'll \_\_\_ your eyes."  
16. "I'll give you something to \_\_\_ about."  
17. "If it ain't broke, don't \_\_\_ it."  
18. "I used to have to walk to school, in the snow, \_\_\_ BOTH ways."  
19. "Because I said \_\_\_ that's why."  
22. "It will build \_\_\_."  
23. "\_\_\_ it off."  
24. "I don't want to heat a \_\_\_ out of you."  
26. "I guess if Jimmy jumped off a \_\_\_ you would too."

27. "\_\_\_ your vegetables."  
28. "\_\_\_ I said so, That's why!"  
30. "Keep your eye on the \_\_\_."  
31. "\_\_\_ is for horses."  
33. "Go \_\_\_ your room."  
35. "A little hard work never \_\_\_ anybody."  
36. "We didn't have fancy cell phones back when I was your \_\_\_."

**Down**

1. "You're gonna \_\_\_ it, whether you \_\_\_ it or not!"  
2. "The lawn isn't going to \_\_\_ itself."  
4. "As long as you live under my \_\_\_ you will do things my way!"  
5. "Close the \_\_\_. You think I want to heat the whole neighborhood?"  
7. "You kids have it \_\_\_ today."



# Pimples, Zits, Blackheads, Whiteheads

By Juliet Cohen

people between the ages of 12 and 32 have pimples outbreaks at some point.

**P**imples are a very common problem for people the world over. It is also called is acne and blackheads. Pimples are tiny, pointed elevations on the skin that contain pus in most cases. Pimples can affect men or women and can strike at any age. They can appear without any warning and seem to break out at the most inopportune time. Pimples are caused to skin infection, irritation, or over activity of the sebaceous and sweat glands. Most persons associate pimples with a skin disorder called acne, which is considered the most common cause of its development.

**A**dolescents are very prone to pimples, and many people spend their teenage years trying to prevent pimples. Pimples are infections that arise from pores becoming clogged. Clear pores are necessary for natural oils to escape to the surface of the skin. People of all races and ages get pimples. It is most common in adolescents and young adults. An estimated 80 percent of all

**P**eople of all ages and races have a good chance of getting pimples at some point in their life. Pimples are red and cyst-like growths on the surface of the skin and though they may look unbecoming to the affected person, squeezing them is not the solution to getting rid of them. Other common actions can also worsen the condition and spread the acne bacteria by further inflammation, like overzealous cleansing of the skin, squeezing or picking at the pimples and use of greasy makeup products that can clog the follicles. Exposure to oily, greasy and other harmful emissions in the environment like those from a factory, fast food joint, garage etc. Cause of pimples is an increase in hormones called androgens. These increase in both boys and girls during puberty and cause the sebaceous glands to enlarge and make more sebum.

**H**ormonal changes can also cause pimples. Tendency to develop pimples can be inherited from parents.



**P**opular cures for pimples, such as Proactiv and Accutane, can have unwelcome side effects. Proactiv contains Benzoyl Peroxide, which is the active ingredient in most prescription pimple medications. Eating a balanced diet and getting a full supply of important nutrients as well as drinking water instead of sugary carbonated drinks will keep your body in shape so that it can fight infections properly. Vitamins, minerals and antioxidants should be a part of any pimple home remedy. Vitamins C and E contain antioxidants which will prevent cell damage and assist in the healing process. Vitamin C helps to form collagen to reduce the chance of post-acne scarring and correct the skin pigments.

### Pimple Treatment Tips

1. Eating a balanced diet and getting a full supply of important nutrients.
2. Drink a 8 glass water every day.
3. Vitamins, minerals and antioxidants should be a part of any pimple home remedy.
4. Proactiv contains Benzoyl Peroxide, which is the active ingredient in most prescription pimple medications.
5. Vitamin C helps to form collagen to reduce the chance of post-acne scarring. FPT
6. Juliet Cohen writes articles to get rid of acne scars and homemade cure for acne. For more information on acne visit our site at <http://www.acnecaretips.org>. **FPT**

Article courtesy of EzineArticles.com/?expert=Juliet\_Cohen

## CONTEST: Win \$1000 Gift Card Plus \$2500 For Your School

(NAPS)—For youngsters with an artistic bent, a new contest could be described as being “totally tubular.”

That’s because, in celebration of a popular frozen snack’s 50th birthday, kids have the opportunity to redesign its signature tube—and potentially have their artful creations adorn millions of packages nationwide.

To mark a half century of flavorful snacking, Nestlé Push-Up is launching Push-Up and Create, a search for kids who can create the next great work of “pop” art. Three winning kids will have their designs featured on millions of limited-edition Push-Up tubes.



In addition to having their artwork showcased on this popular frozen snack, each of the three Grand Prize winners will also receive a \$1,000 gift card that can be used for art supplies and a \$2,500 donation to his or her school. Kids ages 6-12 are invited to design a unique “virtual” tube by visiting [pushupandcreate.com](http://pushupandcreate.com), where they can use online design tools to create cool backgrounds, mix colors and sketch their own masterpieces. The options are limitless and creativity counts. Young artists can also download a template

from the Web site, print it out and design and mail their masterpiece to Push-Up and Create, P.O. Box 713, New York, NY 10013-0713. Entries must be submitted before August 31, 2009. For a complete list of the rules visit the website. **FPT**

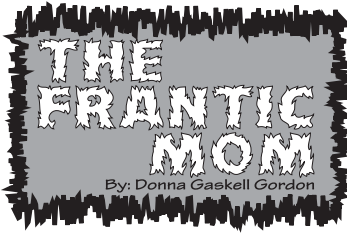
Q: What washes up on very small beaches?  
A: Microwaves!

Q: What has four wheels and flies?  
A: A garbage truck!

### SUDO-KID-U 2

Instructions: On page 3

			3
	4		
		1	
4			



## Mom Burnout

**Y**ou know the line from the 70's hit "Midnight at the Oasis", "send your camel to bed?" Well lately I am feeling like a beast of burden, and my saddlebags have BURNOUT written all over them. They are loaded with overwhelmed, overworked and overstressed.

**M**eeting others expectations is not as hard as meeting my own, and my inner critic never goes off duty. Like Sister Ignatius, her ruler is out and she is whacking away at my psyche, 24/7.

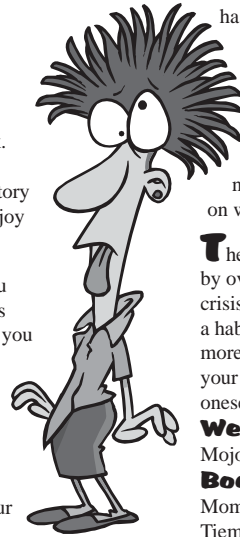
**C**an you relate? Motherhood is forever and burnout is common. Since running off to Tahiti and living off your credit cards is not a realistic option, what can help you bounce back? Don't be so hard on yourself... expand your deadlines and lower your personal perfectionist expectations. Like they say on the airplane before takeoff, in case of loss of oxygen you need to place your mask on first and then assist others. You need to fill up your cup and stop putting everyone else first.

**Y**ou need to build leisure activity back into your life.

Have you given up your book club, your craft, your exercise and other pleasures because you are working longer and harder? Grab them back. Take back your schedule and INK yourself in. I am not talking obligatory jobs, find something that gives you joy and nurture it.

**Y**ou need to socialize. I know you have friends, and they are as busy as you, and so you play telephone tag, you wave at church, the grocery or in the car pool. Send an e-mail to brainstorm ideas of how you can carve out friend time. Divide and conquer. Make it a habit. You will feel better. Better yet, do what the Miami Bombshells did and start your own circle of friends group. Check out their website for more info on how to start a group ([www.miamibombshells.com](http://www.miamibombshells.com)).

**Y**ou need to delegate more to your kids. Kids need to learn by doing. They will not do more if you keep doing it for them. Harry H Harrison Jr's book, 1001 Things Your Kids Should See & Do (Or Else They'll Never Leave Home) will tell you everything you are too tired to remember to get your kids prepared for life. He



has one for college and high school graduates, too.

**Y**ou need couple time, alone. Got little kids, try swapping with another couple once a month for a real date out. We used to pay our older daughter to baby sit for our two hour date. Grandparents, work here, too. My husband and I strive for a Wednesday night dinner date. We also focus on each other and not on work and family issues.

**T**he bottom line is you are not doing anyone any favors by overextending yourself. Everyone can function in crisis mode for short periods of time, but don't make it a habit. Take the summer to regroup, readjust and build more ME time into your schedule. You will be happier and your kids will observe a valuable life skill, how to nurture oneself.

**Websites:** [momsrising.org](http://momsrising.org), [MommaZen.com](http://MommaZen.com), [Mojomom.com](http://Mojomom.com), [MiamiBombshells.com](http://MiamiBombshells.com),

**Books:** Momma Zen by Karen Maezen Miller, Mojo Mom: Nurturing Yourself While Raising a Family by Amy Tiemann Phd., Mom-in-Chief: How Wisdom from the Workplace Can Save Your Family from Chaos by Jamie Woolf, The Lazy Husband; How to get Men to do More Parenting and Housework by Joshua Coleman Phd., MrsCleanjeans' Housekeeping with Kids by Tara Aronson, Shalom in the Home: Smart Advice for a Peaceful Life by Rabbi Shmuel Boteach **FPT**

Reference note: Midnight at the Oasis 1974 written by David Nichtern

## PARENTING

## Make The Most Of Bedtime

and advice on making bedtime quality time with their child.

**B**edtime is an important bonding time for child and parent, when special moments shared can lead to lifelong memories. For many parents, however, bedtime can be a struggle between balancing quality time with nighttime issues—such as bedwetting—leaving parents and kids in the dark.

"I often counsel parents to rethink bedtime as an opportunity to connect with your child and focus on the few minutes that can create memories," said Dr. Jennifer Trachtenberg, pediatrician and mom of three.

### Tips On Making Bedtime Better

**W**ith more than 12 years of experience practicing pediatric medicine and counseling parents, Dr. Trachtenberg has helped many parents conquer nighttime issues and make bedtime count. She recommends:

- Establish a Routine—Regular routines help you and your child carve out a few



minutes together at night, whether it's reading a book or talking about his day.

- Create a Calm and Inviting Space—A bedroom with little noise, soft lights and comfortable temperature is a welcoming retreat in which you and your child can relax and spend a few quiet moments together.
- Address Nighttime Issues With Perspective—It's important for parents to address issues like bedwetting with reassurance and sensitivity, helping instill confidence and put the focus back on quality time. Dr. Trachtenberg often tells parents to try Kimberly-Clark GoodNites Sleep Pants—they can help reduce kids' anxiety at night, protect their self-esteem, give children a sense of control over a situation that is not their fault and offer the most comfortable night possible.

**Y**ou can find additional advice from Dr. Trachtenberg and other leading parenting and medical experts on the newly updated site [GoodNites.com](http://GoodNites.com), a sharing space and resource for parents seeking answers on bedwetting

**M**ore help comes from the "Special Bedtime Moments" Contest. It gives parents the opportunity to share how they make the most of bedtime with their children and help those who struggle with bedtime issues put the focus back on what really matters at night.

**P**arents can visit [www.SpecialBedtimeMoments.com](http://www.SpecialBedtimeMoments.com) through August 14, 2009, to share a tip, story or routine for a chance to win one of two Grand Prize bedroom makeovers to transform their child's room into a magical space

### Easy Answer From last month

where cherished moments can create lasting memories.

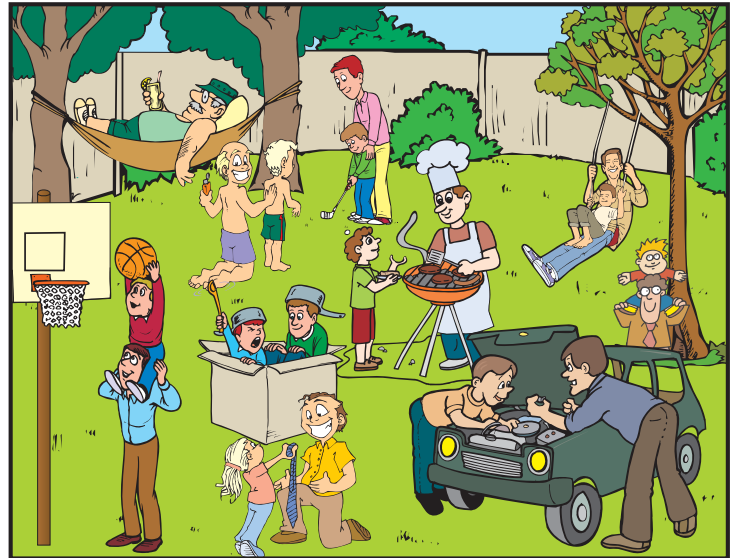
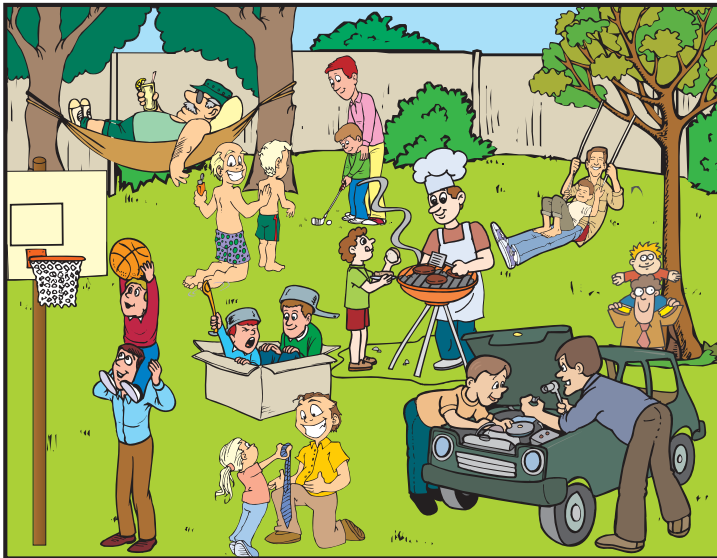
**FPT**

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6	5	2	4	7	9	3	1	8
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3	8	7	1	5	4	2	9	6
5	1	9	2	6	8	7	4	3
2	6	4	7	9	3	5	8	1



# DOUBLE TAKE

Find at least 24 differences in the two pictures (answers are on the bottom...no peeking!!!)



Sunglasses, Hotdog, Wrench, Golf Ball, Basketball goal, Bun, Swing, Chef hat, Apron, Socks, Tongue, Grill smoke, Car grill, Backboard Square, Rear Bumper, Box, Spatula, Little Boy Hair, Golf Club, Suit Spots, Shorts, Girl's Hair, Tree, Headlights, Car grill, Bumper, Box, Spatula, Little Boy Hair

## Camping: Family Fun For Less

(NAPS)—A great vacation doesn't have to require a lot of money. Something as fun and easy as camping at the nearest state or national park can save you some cash as you relax with the whole family.

### Tips:

- Choosing The Perfect Spot
- With a little research you can probably find a free or low-cost campground not too far from home. Many offer hiking trails that appeal to different ages and levels of experience, from beginner to advanced. State and national parks often provide nature maps for self-guided tours, and some even have nature centers with formal programs led by rangers who can teach you about local plants and animals.
- Many parks include rivers and lakes for additional recreation. Fishing and canoeing are popular pastimes, so inquire ahead about fishing licenses and boat rentals. The more adventurous might want to try rafting or even kayaking, which may be provided by nearby touring companies that will arrange day trips, complete with instruction and gear.
- For overnights, you can choose between parks that offer cabins for shelter or designated spaces for



tents, and you'll likely find open pits for campfires close to your accommodations. Both types of sites typically have "comfort stations" nearby with running water and restrooms. Sitting around a campfire at night, telling stories and roasting marshmallows, can be a truly memorable event.

**B**efore you go, think like a scout and "be prepared." Check local weather reports and be ready, whether that means possible rain or cooler-than-usual temperatures. A first-aid kit is well advised, if only for minor scrapes and unexpected blisters.

**S**ome things to take along on the trip to make you feel at home include the basic necessities of a tent, sleeping bags, appropriate clothing, food and cooking utensils. Camping supply stores provide specialty items, such as kerosene lamps, propane stoves and other conveniences.

**O**ne item you shouldn't take along with you is firewood. Buy it when you get there and burn it at the campground. Don't bring it home: Moving firewood can spread the Emerald Ash Borer beetle, a nasty pest that is killing ash trees at a rapid rate. To keep the woods healthy and available for all to enjoy—people and

critters alike—promise not to move firewood. For more information, visit [www.stopthebeetle.info](http://www.stopthebeetle.info).

**M**ost state parks can be found online through your favorite search engine, or to research national parks, visit the Web site [www.nps.gov/findapark](http://www.nps.gov/findapark). **FPT**

## SUDOKU HARD

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Mark, Heart Patient, Johnson City

**7** minutes  
that could  
save your life

**Mountain States Health Alliance** is now offering our region a free, confidential healthcare tool called HealthAware. It takes only **7 minutes**

to find out your risk for:

- heart and vascular disease,
- stroke and
- diabetes.

If you learn you are at risk, Mountain States can help you begin taking the steps to address a serious problem.



Go to [www.msha.com](http://www.msha.com) and click on the 7 Minute icon featuring Mark to use the **free, confidential** HealthAware tool.



MOUNTAIN STATES HEALTH ALLIANCE

Find out how 7 minutes could save your life.

[www.msha.com](http://www.msha.com)